

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703081

Course Name: K-3 Primary Health Education

Grade level: 1

Upon course completion students should be able to:



Standards

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1.1.1. Explain the harmful effects of medicines when used incorrectly.
- 1.1.2. Describe the types of foods and beverages that should be limited.
- 1.1.3. Describe body signals that tell a person when they are hungry and when they are full.
- 1.1.4. Identify appropriate ways to express and deal with feelings.
- 1.1.5. Describe the difference between bullying and teasing and why it is harmful.
- 1.1.6. List ways to prevent harmful effects of the sun.
- 1.1.7. Identify ways to prevent the spread of disease-causing germs.
- 1.1.8. Identify people who can help when someone is injured or suddenly ill.
- 1.1.9. Describe the dangers of experimenting with tobacco.
- 1.1.10. Explain what to do if someone is being bullied.
- 1.1.11. Explain why everyone has the right to tell others not to touch his or her body.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 1.2.1. Explain how family influences personal health decisions and behaviors.

Standard 3

Access valid information, products and services to enhance health.

- 1.3.1. Identify roles and responsibilities of school and community health care helpers.
- 1.3.2. Identify trusted adults within your family and the school responsible for keeping you healthy.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1.4.1. Demonstrate effective active listening skills.
- 1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.
- 1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.
- 1.4.5. Identify positive behaviors to show concern for others.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- 1.5.1. Identify a health-related situation that requires decision-making skills.
- 1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.
- 1.5.3. Identify types of situations when health-related decisions must be made.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

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- 1.6.1. Identify goals for positive physical, mental and emotional health.
- 1.6.2. Identify steps needed to reach a goal.
- 1.6.3. Describe how others can help achieve goals.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 1.7.1. Describe personal health habits that promote healthy living.
- 1.7.2. Identify and demonstrate ways to prevent the spreading of disease and other health risks.
- 1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8

Advocate for personal, family and community health.

- 1.8.1. Identify healthy behavior choices for self, family and friends.